

Discharge Instructions for Application of the One Piece Urinary Pouching System

Introduction

This handout will help you when you change your pouch after you go home. You should apply your pouch when urine output is decreased. For some people, this means early morning, before eating or drinking. When possible, apply the pouch to a smooth skin surface. This is easiest when standing or lying down. A smooth surface will give a more secure fit.

Equipment

Have your instructions and equipment ready and within reach before you begin:

- Soft disposable cloths or washcloths
- Pouch: _____
 - Custom fit, you must cut an opening in the pouch to fit around your stoma
 - Pre-sized, already has an opening; the size you use will depend on the size of your stoma.
- Waste container/plastic bag
- Skin barrier wipes, optional

Changing Your Pouch

Getting Ready

1. Close the drainage valve on the pouch. The valve is closed when the contours of the spout line up **or** it is closed when the colored dot faces toward your body (it depends on the type of pouching system you use). Open the valve when you want to drain urine from the pouch.
2. Remove the plastic and paper backings from the pouch. Put the backings in the waste container.

Removing the old pouch

1. Gently peel the pouch away from your skin, pressing against the skin with your fingers. The pouch can be thrown away. Put it in a waste container after draining.
2. Wipe away any urine or mucus on and around the stoma with a washcloth. A small amount of blood may appear around the stoma when it is cleaned. This is normal.
3. Clean the skin around the stoma with warm water. You do not have to use soap. Rinse well and pat dry.

4. The stoma may need to be covered with a cloth to keep the skin dry.

Applying the new pouch

1. If you are using skin barrier wipes, apply to the skin about one inch out from the stoma and let dry for 30 seconds.
(over)
2. Place the assembled pouch over the stoma quickly, so urine does not leak onto the dry skin.
3. Hold the pouching system to the skin for a moment. Smooth the tape to the skin to remove any wrinkles. This will secure the seal.
4. If you are using a belt, be sure it is not too tight and is in line with the stoma (not riding up). Pressure marks on your skin mean the belt is too tight.

When to change your pouch

You should routinely change your pouching system. Change the pouch two times a week. Change it sooner if you have any itching, burning, or leakage. Plan to empty your pouch when it is 1/3 full.

Connect your pouch to straight drainage at bedtime or when you take a nap. Use the adapter to connect the straight drainage. Clean the bedside drainage bag daily by flushing it with water. Rinse with a vinegar water solution (add 1 cup of white vinegar to 2-3 cups of water). Change the bedside drainage bag weekly. Throw away the used one.

Follow-Up

Follow-up visits to the Enterostomal Clinic are encouraged. Your stoma will reach its final size six to eight weeks after surgery. You may need a different size pouching system after discharge. You will be remeasured at your clinic appointments. Bring an extra pouch with you to your clinic appointments.

The ET Nursing Services will help you with all aspects of stoma care. Call the ET nurse at (612) 725-2000, extension 3565, if you have frequent leakage problems, skin problems, difficulties with pouch care, questions or concerns about living with a stoma.

The phone number for the Enterostomal Clinic secretary is (612) 467-3497. Call the secretary to make or change appointments.

When you need ostomy supply refills, call the Pharmacy refill number, 1-800-661-0827, or mail in your refill slips. Allow 10-14 days to receive your supplies.

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